

Our Vision: Healthy People in Healthy Communities
Adams, Clay, Nuckolls and Webster Counties

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South Heartland COVID-19 Case Count

Hastings, Neb – Seventeen additional lab-confirmed cases of COVID-19 were reported to the South Heartland District today. This brings the total number of cases in the 4-county health district to ninety-five (95), including eighty-nine (89) in Adams County, four (4) in Clay County, two (2) in Webster County, and zero (0) in Nuckolls County.

Seventeen new cases in Adams County:

- 6 females (one in her 60s, three in their 30s, one in her 20s, one under 20)
- 11 males (two in their 60s, two in their 50s, three in their 30s, three in their 20s, one under 20)

SHDHD will now report recovered COVID-19 cases on our website at www.southheartlandhealth.org. These statistics will be updated weekly on Thursday evenings. As of last night, approximately thirty-eight (38) individuals are recovered after being diagnosed by a lab-confirmed COVID-19 test result.

SHDHD and the other local health departments in Nebraska join Governor Ricketts in urging every Nebraskan to do all we can to **Stay Home, Stay Healthy, Stay Connected**. All Nebraskans need to act today to limit the impact of coronavirus on our communities.

Gov. Ricketts' Six Rules to Keep Nebraska Healthy:

1. Stay home. No non-essential errands and no social gatherings. Respect the ten-person limit.
2. Socially distance your work. Work from home or use the six-foot rule as much as possible in the workplace.
3. Shop alone and only shop once a week. Do not take family with you.
4. Help kids follow social distancing. Play at home. No group sports. And no playgrounds.
5. Help seniors stay at home by shopping for them. Do not visit long-term care facilities.
6. Exercise daily at home or with an appropriately socially-distanced activity.

Social distancing along with prevention practices like washing your hands, covering your coughs/sneezes or coughing into your sleeve, staying home when you are sick, and disinfecting those frequently-touched surfaces, are equally important for worksites as for families. Governor Pete Ricketts issued a revised state directed health measure for all Nebraska counties on April 9, 2020 to help assure social distancing and to reduce in-person contact.

Since COVID-19 doesn't always have symptoms and because we have community spread, it is especially important to practice prevention and social distancing everywhere we go. This is another important reason we are recommending people wear masks at work or in public places where it is difficult to socially distance from others.

South Heartland District case counts by county are updated daily on SHDHD's COVID webpage: <https://southheartlandhealth.org/public-health-data/corona-virus.html>. The Nebraska Department of Health and Human Services (DHHS) provides daily updates to Nebraska's coronavirus COVID-19 cases on their Data Dashboard at <http://dhhs.ne.gov/Pages/Coronavirus>.